It doesn't take dozens of studies and millions of tax payer dollars to determine that a large portion of television includes too much violence period. Our household has resorted to dvds and home decorating and cooking shows on cable to avoid programs and commercials portraying violence. Common sense tells us that young minds don't know how to process the violence seen on television, which has become unbelievably graphic. Heck, even adults can't process all this violence. We need better guidelines to limit commercials for programs including violence aired during day-time and children's programming. I'm not against evening programming with violence, it just seems to me that promos for these shows have crept into day-time programming and I find that very disturbing.